

SWEETWATER COUNTY EMERGENCY MANAGEMENT NEWSLETTER

Newsletter
August 2017



Sweetwater County Emergency Management, 731 C Street, Building A, Suite 131, Rock Springs, WY 82901
<https://www.sweet.wy.us/index.aspx?NID=96> roderickj@sweet.wy.us 307-922-5370

FILE OF LIFE

The **FILE OF LIFE** is a card that enables emergency responders to obtain a quick medical history when the patient is unable to offer one. "The card eliminates the risk of the patient, who, in a frightened state, may forget to mention something important," said Marilyn G. Ishler, Director of the South Hadley, Massachusetts Council on Aging. The card, which is kept in a red plastic pocket labeled **FILE OF LIFE**, lists the patient's name, emergency medical contacts, insurance policy number, health problems, medications, dosages, allergies, recent surgeries, doctor's name and a health care proxy. The entire pocket is held, with a magnet to the outside of the refrigerator.

A card can also be filled out and kept in a wallet for those trips to the doctor or while traveling. Anyone interested in obtaining File of Life cards should contact Emergency Management/Homeland Security, Young At Heart Senior Center, Rock Springs Fire Department or Fire District #1. Anyone interested in more information should contact the Sweetwater County Emergency Management/Homeland Security office.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR. Sex M F

Name: _____

Address: _____

Doctor: _____ Phone #: _____

Doctor: _____ Phone #: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

Address: _____

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Upcoming Events:

Sweetwater Local Emergency Planning Committee Meeting (LEPC)

August 23rd at Sweetwater Fire District #1 located at 3010 College Dr, Rock Springs. Meeting is 9:00 to 12:00 noon.

WIPP (Waste Isolation Pilot Plant) Transportation Meeting

August 25th at Western Wyoming Community College

Whole Community Disaster Simulation

September 12th in room 3650 of the Wellness Center of Western Wyoming Community College

CERT (Community Emergency Response Team) Training

September 15-16th and 22-23rd location TBD -- Watch for notices

Special Needs/Unable to Self-Evacuate (UTSE) Seminars

Golden Hour Senior Center in Green River on September 19th from 2:00 to 3:30

Young at Heart Senior Center in Rock Springs on September 20th from 1:00 to 2:30

Eclipse from page 2

Great American Eclipse 2017 Websites to visit!

www.eclipse2017/nasa.gov/ - has a lot of very interesting information.

www.ustream.TV/channel/NASA-GSFC - to stream NASA TV

www.modot.org/eclipse - this site is for Missouri but still has some interesting information, including a list of Driving Tips that includes everything from “Plan ahead and allow extra time to reach your viewing location” to “Don’t wear eclipse glasses while you’re driving.”

www.greatamericaneclipse.com – this website is full of a lot of very interesting information. I have included a couple of samples of graphics that can be found on this site.

<http://www.travelwyoming.com/eclipse> - Travel Wyoming website

<https://www.weather.gov/riw/Eclipse> - National Weather Service in Riverton has set up this site.

<http://www.eclipse2017.org/2017/weather.htm> - This site provides historical as well as current weather information

What do you need to do to prepare for this event?

Sweetwater County Emergency Management is asking people to stock up on enough food, fuel, cash (ATMs may be overwhelmed), and medications to last for a few days.

Be prepared for a lot of people and traffic.

Use proper eye care when viewing the eclipse.

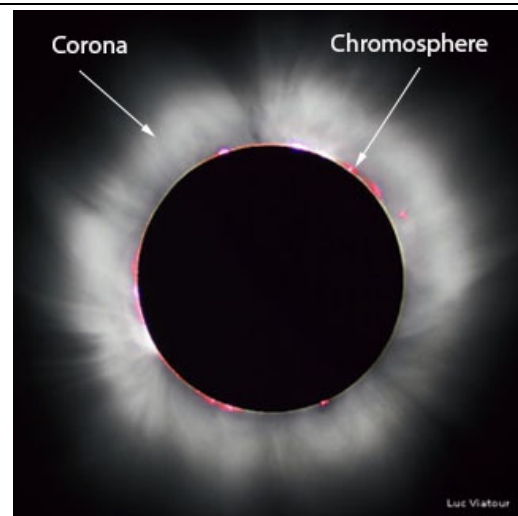
The only safe way to look directly at the uneclipsed or partially eclipsed sun is through special-purpose solar filters, such as “eclipse glasses” or hand-held solar viewers. Homemade filters or ordinary sunglasses,

even very dark ones, are not safe for looking at the sun; they transmit *thousands* of times too much sunlight. Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or other optical device.

Similarly, do not look at the sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury.

An alternative method for safe viewing of the partially eclipsed sun is pinhole projection. For example, cross the outstretched, slightly open fingers of one hand over the outstretched, slightly open fingers of the other, creating a waffle pattern. With your back to the sun, look at your hands’ shadow on the ground. The little spaces between your fingers will project a grid of small images on the ground, showing the sun as a crescent during the partial phases of the eclipse. Or just look at the shadow of a leafy tree during the partial eclipse; you’ll see the ground dappled with crescent Suns projected by the tiny spaces between the leaves.

Try to text instead of calling if possible.



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Phone:
307-922-5370

Fax:
307-922-5481

E-Mail:
roderickj@sweet.wy.us



We're on the Web!

Visit us at:

<https://www.sweet.wy.us>

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Customer Name
Street Address
City, ST ZIP Code